



Be Your Best Self Challenge

Earn one point per activity each day you do any of the following:

- **Express sincere gratitude** to someone – “gratitude is an attitude.” Foster it by encouraging it.
- **Volunteer to help someone** in the company – “help” can take many forms. Think outside the box and outside the workplace.
- **Volunteer at a community** organization – discover the needs of others in your community and put your talents and skills to work.
- **Quiet relaxation or reflection** – aim for at least 10 minutes of quiet time each day
- **Spend time outdoors** “smelling the roses” – spend at least 15 minutes outside observing nature and life around you.
- **Get moving** – aim for at least 10 minutes of physical activity each day.
- **Spend time with people who matter to you** – spend 30 minutes of quality time each day with people you love.
- **Get a dose of sunlight** – sunlight lifts your mood, so try to get at least 10 minutes each day.
- **Find your purpose** – when you have a purpose or goal that you're striving for, your life will take on a new meaning that supports your mental well-being. If you're not sure what your purpose is, explore your natural talents and interests to help find it.
- **Get plenty of sleep** – go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body.



Be Your Best Self Challenge

Give yourself one point per activity each day you do any of the activities listed on the handout provided (10-point max each day).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								